# Student Health Solutions

CDPHP® helps you take control of your health by providing personalized support, moneysaving programs, and easy-to-use digital tools.

### DOCTOR ON DEMAND

Live video doctor visits via smartphone or tablet

### PREVENTIVE CARE

No-cost flu shots, annual exams, and more!

### FIND-A-DOC

Locate a doctor using our online search tool

### LIFE POINTS®

Earn gift cards for healthy behaviors

### CVS EXTRACARE® HEALTH CARD

Receive a 20 percent discount on CVS-brand health products

### RX FOR LESS

Generic medications for as little as a penny a pill

### FREE FITNESS

Access to free gyms and classes

### MY CDPHP MOBILE APP

Access information while on the go

### GLOBAL SUPPORT

24/7 emergency services while traveling

### QUIT SMOKING

Tools to get smoke-free

### PERSONAL SUPPORT

Mental health and substance use resources

### CDPHP *CYCLE!*℠

The Capital Region's first bike share program

For details, visit **www.cdphp.com/StudentPlans**

**Discrimination is Against the Law**
Capital District Physicians' Health Plan, Inc. (CDPHP®) complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

**Multi-language Interpreter Services**
ATENCIÓN: Si habla otro idioma que no es el inglés, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que figura en su tarjeta de identificación de miembro (TTY: 711).

注意：如果您使用的語言不是英語，您可以免費獲得語言援助服務。請致電您會員ID卡上的電話（聽力障礙電傳：711）。

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